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CARROTS SCORE ON MANY COUNTS

"Today's carrot is about all anyone could ask of any one vegetable."

says _____
(Name) (Title) (Place)

"for not only does it taste good and have an attractive color, but it rates high in the estimation of nutritionists.

"Carrots rate high nutritionally because they are a good source of carotene, a substance which human beings can change to vitamin A in their bodies. In fact, carotene is what gives carrots their attractive bright-orange color. In general, the deeper the color of the carrot, the better the source of vitamin A it is.

"Because vitamin A is such an important item in a good diet, and because both yellow and green leafy vegetables are good sources of carotene, nutritionists recommend at least one serving a day of these vegetables. They include carrots as they do other green and yellow-colored vegetables in their lists of 'protective' foods. Besides the vitamin A they contain, carrots also are a good source of calcium and of riboflavin.

"According to home-economics experts in the U. S. Department of Agriculture, the carrot is a regular vegetable-of-all-trades in the kitchen," says Miss _____. " It goes into stews, pot roasts, soups, chowders, and into vegetable combinations of all sorts.

"Young, tender carrots, served raw, are one of the best salad joiners. Their mild flavor and bright color combine well with vegetables

of distinctive flavor and pale color, such as cabbage, celery, and cucumbers. Or serve the carrot in slender sticks cut lengthwise of the root. For variety, cube the carrots or shred them on an ordinary cheese grater.

"One favorite way of preparing shredded raw carrot is in a gelatin salad in combination with pineapple or orange. Another is a crunchy sandwich filling made with shredded carrots, chopped peanuts, and salad dressing.

"In cooking, carrots are one of the least troublesome of all vegetables. Their color will stay bright through any cooking. And their vitamin A value will remain intact at all ordinary cooking temperatures. To conserve the calcium in carrots, though, it is best to use as little water as possible in cooking and to serve the liquid with the cooked vegetable."

